

MENU IDEAS FOR BALANCED OR MIXED DIET PLAN

Macronutrient Ratios: 50% Carbohydrates 30% Protein 20% Fat
(Adjust serving size and macronutrient ratios to meet individual needs.)

C = Carbohydrate
SC = Starchy Carb

F = Fat
P = Protein

Pf = Protein w/small amount of fat
Fp = Fat w/small amount of protein

X = Condiment or Extra

The menus in this category are to stimulate ideas, and are based primarily on a fast oxidizer type food list. Please adjust according to individual taste preferences and macronutrient needs. You may also choose from the Parasympathetic menus for additional ideas. Suggestions and ratios may not work for everyone. Be aware of how you feel after each meal. You should have energy, zero cravings, and be satisfied between meals – if you are not, then you need to adjust your ratios or food choices.

Be creative and add foods from your allowable food list and spices – staying within your macronutrient ratio. It is important to use organic foods at least 85-90% of the time. This ratio may vary if you are someone who travels often.

Preparation time on all or most menu ideas is 15 minutes or less. These menu ideas are designed for the busy person's lifestyle. For more extravagant ideas such as casseroles and recipes, you may want to refer to the book "Nourishing Traditions" by Sally Fallon: newtrendspublishing.com

Tips on following your menu guidelines

- Avoid gluten and Dairy for 3 months to identify and heal from any potential allergies
- Alternate foods, i.e., choose different nuts and seeds, different meats, different fruits/vegetables every week.
- Feel free to mix up the menus as long as you are staying within your proper ratios of carbs/proteins/fats
- Some of the spices suggested are excellent for the circulatory system
- Snacks can be used as part of a meal as long as a protein is chosen to go with them
- AVOID or MINIMIZE PORK, AVOID OR MINIMIZE WHEAT, AVOID PASTEURIZED DAIRY, AVOID CANOLA OIL
- Avoid using the microwave, even if only to warm water

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BREAKFAST

<ul style="list-style-type: none"> P 1-2 Organic Chicken or Turkey Sausage C 1 Chopped Pear F Handful of Almonds or Sesame Seeds(crushed) F 2 TBS Feta or Goat Cheese 	<ul style="list-style-type: none"> C 1/2 chopped banana & 1/4 honey dew melon P 2 Eggs (cooked as omelet in coconut oil), With C Tomato, Yellow Pepper F Cheddar Cheese X Add desired spices (for a Moroccan style, add cumin, sea salt, paprika & pepper) 	<ul style="list-style-type: none"> P 2 Eggs (cooked as omelet in coconut oil), with C Onion, Mushroom, Chopped Asparagus F Mozzarella, Feta, or Goat Cheese X Celtic Sea Salt and Black Pepper Cf 1/2 avocado chopped with handful of blueberries
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SNACK

<ul style="list-style-type: none"> C Blueberries F 1-2 ounces cottage 	<ul style="list-style-type: none"> C Celery sticks F Almond butter or Neufchatel cream cheese 	<ul style="list-style-type: none"> Cf 10 plantain chips F Several slices of raw cheddar with mustard
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LUNCH

<ul style="list-style-type: none"> P 1/4lb Natural-Organic Roast Beef C 1/2 Cucumber, 1 Tomato, Chopped Cilantro, Chopped Radishes F Add Generous Amount of Olive Oil Over Both + 1oz of Goat or Parmesan Cheese (optional) X Add Celtic Sea Salt and Black Pepper Cf 1 small slice organic sourdough bread with Butter 	<ul style="list-style-type: none"> P 1/4 Natural Turkey C 1 or 1/2 Avocado Chopped with 1 or 1/2 Apple Chopped F 1-2 TBS Olive Oil over Turkey and Avocado Salad Cf 1 Celery stalk chopped into 3 sections – coat with almond butter or Neufchatel cream cheese. X Add Celtic Sea Salt and Black Pepper (optional) 	<ul style="list-style-type: none"> P 1/4LB Beef patty broiled C 1 very small potato thinly sliced - tossed in olive oil and spices (sea salt, pepper, rosemary) place on cookie sheet and bake in oven 375-395 degrees Cf 1/2 Cucumber, 1/2 tomato salad with olive oil and celtic sea salt/pepper
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DINNER

<ul style="list-style-type: none"> P 1/4lb natural beef steak broiled in coconut oil C 4 ounces of broccoli steamed with butter F Grade raw cheddar cheese over broccoli or dust with chopped walnuts F 1 ounce of wild rice with seasonings of choice X Add Celtic Sea Salt and Black Pepper 	<ul style="list-style-type: none"> P 1/4 Natural chicken Breast broiled in Pyrex dish or pan with C Chopped mushroom, celery, and butter + 3 ounces steamed cauliflower with butter C 1 ounce red quinoa with spices and olive oil X Add Celtic Sea Salt and Black Pepper 	<ul style="list-style-type: none"> P 1/4LB Lamb stew meat broiled with butttter and spices Cf 3ounces Steamed cabbage with butter C 1/2 small steamed zucchini with butter X Celtic Sea Salt and Pepper
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